

# FAB

Fun, Advocacy, and Brainpower

## July FAB Topic



## Agenda



## Introductions:



# Ground Rules



- ✓ Go over your ground rules for your meeting to see if anyone would like to add a new rule or take a rule off.
- ✓ Share some of the things you have learned that interested you from the FAB topic links, with your group for the appropriate month.
- ✓ Have fun learning, sharing, and doing some of the exercises you find for the month we are in.



## Fun Games

- ✓ Enjoy playing one or more of the games for the month.
- ✓ Share one or more of the wonderful recipes at your meeting.
- ✓ See if anyone wants to volunteer to make one of the recipes to show at your next month's meeting!



- ✓ End with asking if anyone has any questions or comments.



# Agenda

## Building Relationships



**How to Make Friends/Connections**

**Moving through different steps in relationships**

**Virtual relationships**

**Understanding All of Our Abilities PRIDE – LGBTQAI**

**Parenting as a person with various abilities**

## Games



## Building Healthy Relationships of Positive /Negative Game

**Directions in how to virtually play this game.**

You will need a smart device.



There will be a list of negative/ positive words.



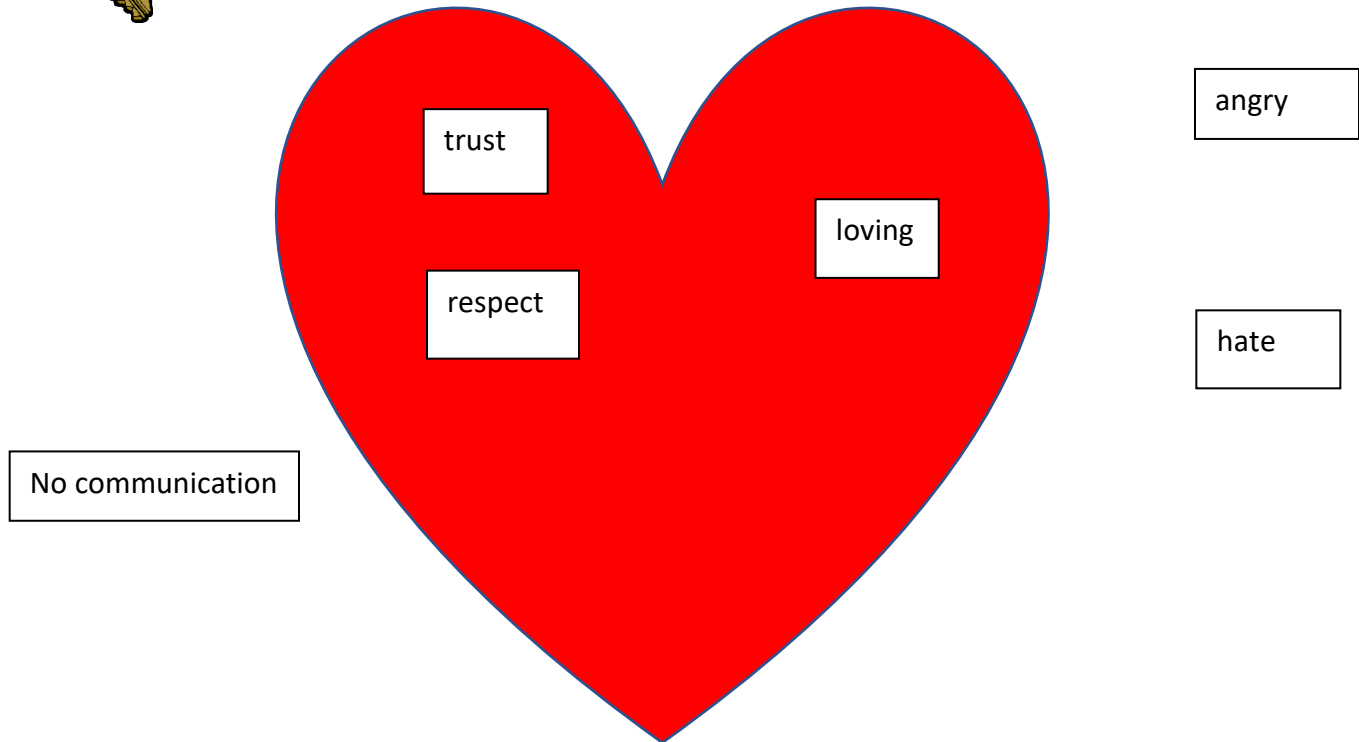
To add inside/outside of the heart.



Each person will take turns grabbing a word and placing it in the inside or outside of the heart. If is positive, it should be put inside heart and if negative it should be in the outside of the heart.



**Key objective:** To pay attention to the qualities / characteristics that make a Healthy Relationship. To also discuss the differing of good and bad relationships.



Safety

Loyal

Fear

Sexy

Proud

Passionate

Afraid

Cheerful

Put down

Helpful

Scream

Honesty

Attitude

Strangers

Mean

Evil

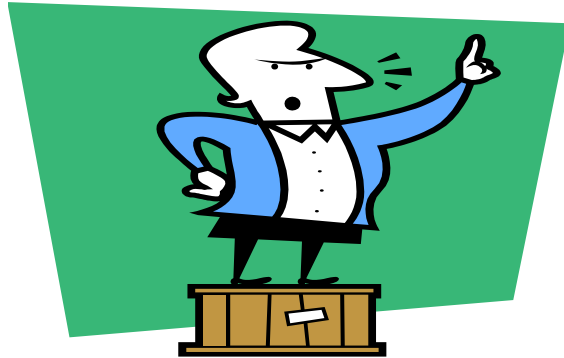
Sweet

Cruel

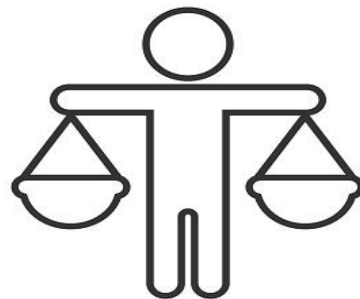
Rude

# Advocacy in a Relationship

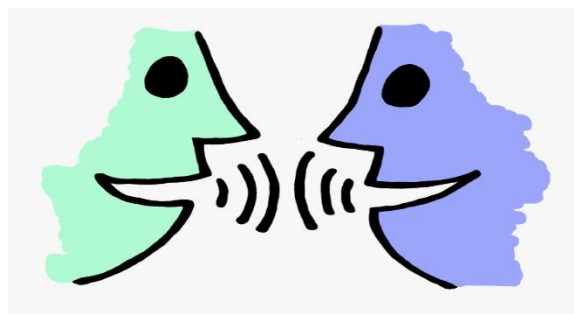
## Thumbs Up Thumbs Down Game



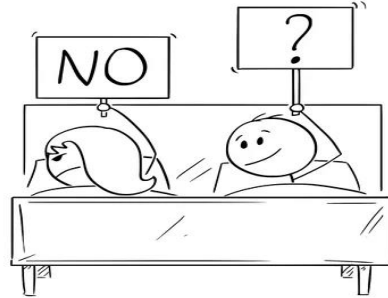
1. Should you Advocate in a Relationship - Thumbs Up or Thumbs Down?



2. Is it important to be honest in a Relationship - Thumbs Up or Thumbs down



3. Is it important to have good communication in a Relationship - Thumbs Up or Thumbs Down?



4. Can you say no if you don't want sex or to be Hugged, touched, or Kissed - Thumbs Up or Thumbs Down?



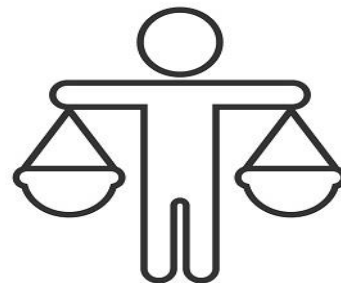
5. Should you listen to your partners in a Relationship - Thumbs Up or Thumbs Down?



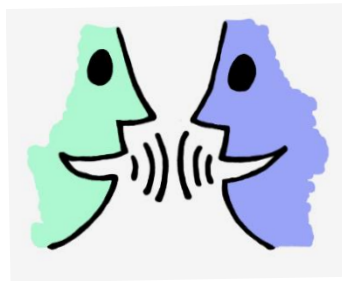
6. Can you break up in a Relationship if you want to - Thumb Up or Thumbs Down?



1. Yes, some relationships may struggle if one or more partners feel as though they cannot express themselves or feels that they are being demanded to do things by others. Self-Advocacy is a helpful way of ensuring that you can voice your needs within your relationship.

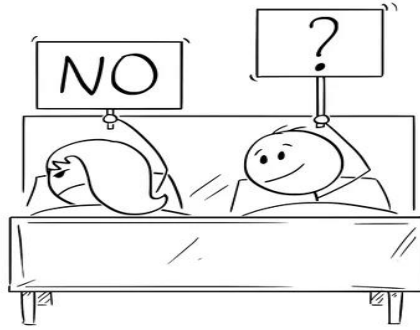


2. Yes, Honesty is the foundation for trust in a relationship, and trust is necessary for a relationship to function. When you're always honest with someone, it tells them that they can trust you and the things you say. It helps them know they can believe your promises and commitment.



3. Yes, Good communication is an important part of all relationships and is an essential part of any healthy partnership. All relationships have ups and downs, a healthy communication style can make it easier to deal with conflict and build a stronger and healthier partnership.





4. Yes, you can say No!!! Consent means permission for something to happen or agreement to do something. Consent must be freely given, which means that a person is choosing to say yes when they are also free to say no if you don't want sex or to be Hugged, touched or Kiss.



5. Yes, Listening strengthens relationships and demonstrates attentiveness, caring, and respect. Listening is more than just hearing, however. To truly listen, you must give your undivided attention and put your own agenda and needs aside. For many people, being able to speak without interruption is like a release.



6. Yes, you can break up in a relationship if you feel like you are uncomfortable, feel like your sweetheart & you drifted apart, & aren't seeing each other a lot, or if your sweetheart has toxic habits, differing values, or unreasonable expectations. If your partner doesn't want to compromise, isn't willing to work with you to resolve these problems, you can break up.

## List for Fun!

### 5 Things

Ask each person to make a list of 5 things that make them feel silly, 5 things that make them feel grown up, 5 things that make them feel angry, 5 things that make them feel smart.

There's no end to the lists that can be created. And there's no better opening for dialogue!





## Brainpower – Information and resources to empower SA members to be Self-Advocates

If you are looking to run a Self-Advocacy meeting, you may find the information below extremely useful. The Self-Advocate Coordinators enjoy finding and sharing the following: Links with good information, games, icebreakers, recipes, and exercises that that you can learn from and have fun with as well as meet and be with other people virtually.



[Building Trust in Virtual Relationships | Psychology Today](#)

This link is about Building Trust in Virtual Relationships



[What Is It Like to Be in a Virtual Relationship? - The Good Men Project](#)

This link is about what it is like to be in a Virtual Relationship



<https://trainingmag.com/8-tips-for-developing-positive-relationships/>

This article is about 8 tips for Developing Positive Relationships



[7 Practical Tips for Parenting with a Disability » Disability Dame](#)

This link gives tips for parenting with a disability



[Different Stages of A Relationship & Why Every Couple Must Know It \(thepleasantrelationship.com\)](#)

This link shows the stages of building relationships



[What Is Love? \(verywellmind.com\)](#)

This is about love and relationships



[Home - CT Family Support Network \(ctfsn.org\)](#)

Parents group for Parents with kids with disabilities



[Providing Hope, Support & Information to Families | PATH - Parents Available to Help, Inc \(pathct.org\)](#)

This link is to DDS support for Parents



[Parenting Advice Plain Language | proudparents.info](#)

Self-Advocacy for Parents with Disabilities



<https://www.gottman.com/blog/managing-conflict-through-friendship/>

If you want to have better fights, be better friends.



<https://www.psychologytoday.com/us/blog/in-flux/201704/7-building-blocks-great-relationship>

Essential qualities to help us find healthy and satisfying partners.



<https://www.mentalhelp.net/blogs/four-traits-of-a-healthy-family/>

Here are four essential traits of a healthy family dynamic.

## Virtual Board



## Cooking Ideas and Exercise



## Recipes

### 3-Step PHILADELPHIA Mini Cheesecakes



4 Hrs. 10 Min(s) (including refrigerating)

10 Min(s) Prep

4 Hrs. Cook

Check out these great PHILADELPHIA mini cheesecakes!

The buzz about our 3-Step PHILADELPHIA Mini Cheesecakes is that they are simple, quick, and delicious. What more could you ask from a dessert?

# What You Need

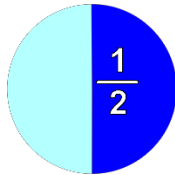
12 Servings



2 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened



1/2 cup sugar



1/2 tsp. vanilla



2 eggs



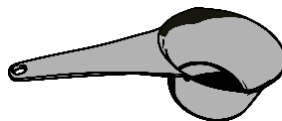
12 OREO Cookies crushed



1 kiwi



1/2 cup fresh blueberries



1/3 cup fresh raspberries





## ADD TO SHOPPING LIST



## Let's Make It

**Heat oven to 350°F.**



**Beat cream cheese, sugar, and vanilla with mixer until blended. Add eggs; mix until blended.**



**Place 1 cookie in each of 12 paper-lined muffin cups.**



12 Pcs



**Top with cream cheese mixture.**



**Bake 20 min. or until centers are almost set. Cool. Refrigerate 3 hours. Peel kiwi: cut into 6 slices, then cut each slice in half. Place 1 kiwi piece on each cheesecake. Top with berries.**



**Enjoy!**





# Chocolate Chip Waffles



**you will need:**



Pancake Mix



Milk



Eggs



Vegetable Oil



Chocolate Chips

**tools:**



Bowl



Whisk



Waffle Maker



Measuring Cups

## steps

1



Heat waffle iron



Spray with oil

2



Into bowl:  
2 cups mix



1 1/2 cups  
milk



2 eggs



1/3 cup oil



Mix in bowl

3



Scoop into  
waffle maker



Add chocolate  
chips



Close waffle  
maker



Cook until  
done

# Pizza Recipe



Cover base with tomato  
sauce



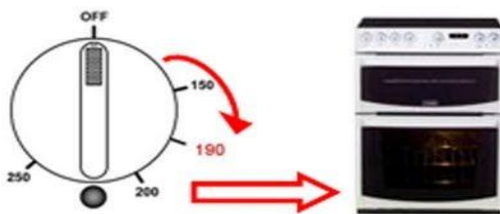
Cover with  
cheese



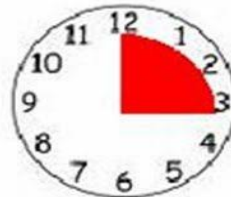
Add other toppings



Place on baking tray



Switch oven onto 190oc



Put in oven  
for 15 min

# Exercises

**Seated Triceps Dips** This exercise will strengthen your triceps, chest, and the front of your shoulders. Strengthening those parts of the body will be particularly useful if you transfer from a wheelchair.



**Suitable for:** Conditions where you have good strength in your upper body.

**Way:** Sitting, place your hands on the armrests of your wheelchair or another chair. Make sure they are directly beneath your shoulders. Push yourself up until your arms are fully extended, then slowly lower yourself down until you are fully seated again.

**Changes:** If you don't quite have the arm strength, but you do have some leg strength, you can use your legs to assist you slightly. But try to let your arms do as much of the work as possible. you should do three sets. Repeat each 10 times without stopping, then rest for 30 seconds to 1 minute. Repeat 10 times, rest again and repeat for a 3rd time. In most cases, try to leave 48 hours between workouts to fully rest your muscles and joints. Stressed tissues take time to recover.





**Primary muscles:** Hips, thighs

**Secondary muscles:** Legs, arms, core, glutes

**Equipment:** No equipment

## March In Place Instructions

1. Stand straight with your elbows bent at a 90-degree angle and your feet hip width apart.
2. Bring your right elbow forward at the same time as you bring your left knee up.
3. Repeat on the opposite side and keep alternating sides until set is complete.

## Proper Form and Breathing Pattern

Begin with the knees lower and, as you warm up your body, start bringing the knees up. Face forward and maintain your chest open and your back straight.

Keep your breathing pattern steady and slow throughout the entire exercise.

## Exercise Benefits

Marching in place is a great way to get your heart rate up without putting a lot of strain on your joints. This is a low impact cardio move that warms up the muscles and prepares the body for more strenuous exercise. Aside from warming up the body, this exercise can also help keep your respiratory system, cardiovascular system, and immune system strong and healthy.



SPOTEBI.COM

<https://www.spotebi.com/exercise-guide/march-in-place/>